



Tap using both hands.



(Karate Chop) points together.



KC—On your karate chop points (the outer part of both hands)

CR—Crown or top of your head

EB—In between your eyebrows

SE—The outer side of your eyes

UE—Under your eyes

UN—Under your nose

CH—On your chin

CB—On your collarbone

HR—On your heart

KC

Gamut—Back of hand. 1/2 inch below lower knuckles of ring finger and little finger.

An X marks the spot for an EFT tapping point.